

Urbana Senior Center

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www.FrederickCountyMD.gov/aging

April Program Highlights

Artful Creations

Create unique and fun art work! This month we will make a stepping stone!

Date: Wednesday, April 13

Sign-up by Thursday, April 7

Time: 1:00 p.m. **Cost:** Donation

Breakfast for Lunch with Nurse Steve

Bring your friends and enjoy a delicious breakfast for lunch. A variety of breakfast foods will be offered. Nurse Steve's talk will be "Should I be worried if I forget things: a discussion on memory, memory disorders and how to improve your memory."

Date: Thursday, April 14

Sign-up by Tuesday, April 12

Time: Noon

Cost: \$4.68 (Regular meal cost)

Mobile Information & Assistance

Staff from the Department of Aging/Maryland Access Point will be available to provide information, answer questions and complete applications for Tax Credits, Energy Assistance, and Medicare Subsidies.

Date: Wednesday, April 13

2nd Wednesday of each month

Appointments are encouraged

Time: 11:00 a.m.

Cost: Free

Health Fair

Mark your calendars now! Nursing students and the Department of Aging will be offering a health fair at the Frederick Senior Center on Tuesday, April 26. Look for a flyer at the senior center or online for more details.

Foods Tasting

April is Soy Month! Have you always wonder what soy milk tastes like? Here is your opportunity to taste a number of different soy products.

Date: Wednesday, April 20

Time: 11:30 a.m.

Cost: Free

The Inside Scoop: Education & Ice Cream Vein Disease and Restoration

Learn about the cause of varicose veins and spider veins. Dr. Duc Le from the Center for Vein Restoration will talk about relieving leg pain, treating the vascular cause of severe leg wounds, and eliminating unsightly veins.

Date: Tuesday, April 19

Time: 6:00 p.m. **Cost:** Free

Supper Club

Join us for dinner at a local restaurant the first Tuesday of each month. Sign-up is required since we will be making reservations. Space is limited.

Date: Tuesday, April 5

Time: 5:00 p.m. **Cost:** Separate checks

Restaurant for April: Delhi 6 Indian Cuisine

Revised Hours for April

Tuesday, April 5: Closing 4:30 p.m.

(Supper Club at 5:00 p.m.)

Monday, April 18: Closing 2:00 p.m.

Tuesday, April 26: Opening 3:00 p.m.

(Health Fair in the morning at Frederick)

Thursday, April 28: Closed

(see other side for calendar of activities)